



## OUTPATIENT MENTAL HEALTH SERVICES

# Accompanying People of All Ages IN THEIR COMMUNITIES

Outpatient Mental Health Services include individual therapy, family therapy, and medication management for individuals ages 3 to 18 years old. Credentialed therapists utilize evidence-based practices, including Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Parent Child Interaction Therapy (PCIT) in working with individuals.

Our team of clinicians accompany members of the community through life's challenges. If an individual is struggling with emotional challenges, we are here to help.



- **Individual Therapy:** is available for children and adolescents who are experiencing difficulties with their emotions, behavior, or life circumstances.
- **Trauma-Focused Cognitive-Behavior Therapy (TF-CBT):** provided for children and adolescents who have experienced traumatic or upsetting life events such as physical or sexual abuse, neglect, grief, loss, or other traumas.
- **Family Therapy:** helps improve how family members interact and resolve conflicts together.

- **Play Therapy:** helps children express their thoughts, feelings, and behaviors through the use of play, games, art, and other child-friendly materials.
- **Parent Child Interaction Therapy (PCIT):** is an evidence-based family therapy designed for young children who exhibit "acting-out" behaviors.
- **Psychiatric Evaluation & Medication Management:** is available to currently enrolled outpatient clients with a board-certified child and adolescent psychiatrist.

Learn more at [www.gemmaservices.org/community/mental-health](http://www.gemmaservices.org/community/mental-health).



# About Gemma Services

## Our Vision

We envision a world where every person knows they matter.

## Our Mission

Gemma accompanies people of all ages through life's challenges using individualized, data-informed support.

## Our Commitment to Diversity, Equity, & Inclusion

Gemma will courageously build an organization that ensures equity, justice, and inclusion for every member of our community.

## Our Values

- Unlimited
- Nimble
- Inspired
- Transparent
- Effective
- Diverse



Visit Us Online

Formed in 2019 by the merger of Silver Springs – Martin Luther School and theVillage, Gemma represents more than 300 years of accompanying people as they face life's challenges so they know they matter. Today, Gemma provides adoption and permanency services, foster family care, mental health programs, a special education school (Martin Luther School), and prevention programs for thousands of individuals each year.

Gemma is always looking for mission-minded individuals to join our team. Gemma is committed to equal employment opportunities. Please visit our website or contact [hr@gemmaservices.org](mailto:hr@gemmaservices.org) to learn more.

### PHILADELPHIA — MT. AIRY

#### Outpatient Behavioral Health Services

7301 Germantown Ave  
Philadelphia, PA 19119  
Reception: (215) 247-1427  
Outpatient Intake & Referral: (215) 730-2326

### PHILADELPHIA — SOUTHWEST

#### Outpatient Behavioral Health Services

**Preheim Center**  
6517 Chester Ave.  
Philadelphia, PA 19142  
Reception: (215) 730-2240  
Outpatient Intake & Referral: (215) 730-2326

